

FOR WOMANKIND.

Some Suggestions as to the Management of a Picnic.

A SYSTEM MUST BE PLANNED

To Make Everything Turn Out Pleasantly—American Cooking—The Table Must be in the United States Has a Variety It Lacks in Many Other Countries. Some Timely Recipes—What a Feminine Traveler Should Take with Her on a Journey—Household Hints.

It takes an "after thought," as the foreigner calls it, to be the successful generalissimo of a picnic, says the Philadelphia Press. The smaller the picnic affair the more skill needed. In a large picnic each particular feature is in the hands of a special committee. Movements and arrangements are systematized and order reigns. It is the smaller affairs that tries women's souls. Plans are not thought out to a proper point; provisions are badly chosen, important comforts are forgotten and chaos results.

The thing to be considered in a small excursion is the guests. People who are congenial to each other and who are likely to add to the enjoyment of the affair are chosen as religiously as for an evening at home.

The weather is of importance. If the day promises damp and depressing, the picnic should be postponed even to the loss of a portion of the provisions. The spot chosen should have cool breezes, as well as shade. The ideal ground will have a "babbling brook," but in fault with the campsite should settle down within reach of a farmhouse which will provide cool water. A barn or dwelling must, in any case, be within easy distances in case of sudden rainfall.

The woman in charge of the affair should visit her selected spot daily in advance to see that all obstacles have been removed. Rough spots underbrush are artistic in effect, but make damp seats and are usually infested with numerous insects.

Whether the cloth be spread upon the ground or upon rough wooden tables depends upon individual ideas and pocket-books. If the table is of turf, then a rubber cloth is taken along to spread under the white one.

The new picnic hamper abolishes many of the trials of picnicking of former years. The hamper has trays and partitions which remind one forcibly of the improved steamer trunk. Each dish, bottle or jar has its compartment, into which it fits snugly without breakage. Pies and sandwiches have allotted space; silver is neatly stored; in truth, the old-time confusion is done away with.

Silver or pewter borrowed for the occasion is apt to be lost or exchanged for want of the name on each article. To provide against this, if the affair be an informal one, it is better to have each guest come provided with knife, fork and a couple of spoons.

Thin wood or paper mache plates can be secured for a few cents per dozen. It is better to lay in a stock of cheap cups or tumblers for the liquids than to risk one's pretty china outfit.

If sugar and salt shakers are provided these should be distinctly labeled. Lemonade, tea and berries have been salted by the unwary picnicker since time immemorial.

If hot beverages are thought necessary, the tea and coffee pots, hot water kettle and small oil stove, will be required. But iced tea, lemonade and cool milk are often called for and easiest carried.

Common sense in clothing adds much to the pleasure of an excursion. Be the gowns light and pretty, as they may, boots should have soles of sensible tanned leather. Parasols are picturesque, but an "out-and-out" umbrella is an excellent thing on a picnic. A macintosh cloak in a shawl strap is not hard to carry and comes in both in case of rain and as covering for a bit of turf when no seats are at hand.

AMERICAN COOKING.

The Table Here Has a Variety It Lacks Abroad.

From the modest standpoint of the kitchen comes a Fourth of July reflection upon the merits of American versus international cookery.

"How delicious everything tastes," exclaimed the expatriated Americans on returning to their native land. Good coffee, which we rightly consider indispensable, can scarcely be had abroad in hotels, unless it be in Paris. Every one agrees in declaring English hotel coffee to be undrinkable. It seems to be a preparation of chicory, pure and simple, or to have a taste of kerosene, or other about it. Even in private houses in London, coffee is not furnished, unless special request is made for it, and it never has the aromatic taste of the American breakfast drink. Tourists going over the continent are often disappointed at having everything taste alike in the hotels and very few native dishes being served. This is because the European hotels universally employ French or pseudo-French cooks who present a uniform bill of fare in France, Austria and Germany.

Americans when at home fare sumptuously every day. Our markets bring to our dinner tables all sorts of articles of food which cannot be had abroad. The European cook has been forced to devise new sauces to disguise the poverty of materials. So it happens that the American abroad learns to weary of the uniform "international cookery," and to return with undisguised pleasure to the fresh taste of his native land.

Perhaps the French cook thinks more about culinary affairs than we do; but that is because we know more by experience what good eating means. It is a materialistic view of the matter, perhaps, but we cannot on such an occasion refrain from a little flourishing of our stars and stripes, even if it be from the kitchen window.

To Serve Little Neck Clams. Little neck clams should be delivered but a short time before they are served, and should be so placed that they will be icy cold, but at the same time kept free from the drippings of the ice. Cover each plate with crisp cold watercress, and over this place a generous supply of crushed ice, then the clams, and serve promptly.

Green Pea Soup.

Purchase a shin of beef, cover with cold water, and put on the fire, where it will heat slowly. Add two bay leaves some onion juice (which may be procured by squeezing half an onion in lemon-juice), some pepper and salt. Boil gently for four hours; then remove the meat and strain the liquid. Stand away until the following day. When perfectly cold, a solid cake of fat will have formed over the surface. Remove this and stand the stock away in a cold place until ready for use. Wash thoroughly one peck of peas, shell and put the shells in a pot of water. Boil until the shells are soft; then strain the water off and put the peas into it to boil. When the peas are sufficiently cooked wash them through a colander into the liquid in which they were boiled, and add all together to the stock. Stir thoroughly and heat. Season to taste.

Fried Chicken. Cut and clean a spring chicken weighing about two pounds, as for stewing. Sprinkle each piece with pepper and salt, and roll lightly in flour. Have

some lard hot before putting the chicken in the pan. About three-quarters of an hour will be required for frying. Make a cream gravy and garnish with sprigs of parsley.

Frozen Peaches.

Boil one quart of milk, and when cool stir in one quart of cream; then add gradually, three cups of sugar and the yolks of six eggs, well beaten together. Pare and slice one pint of peaches (measured after slicing), and add to the custard. When ready to freeze beat until stiff the whites of the eggs and add at the last moment. Ripe berries may be used instead of the peaches if preferred. Freeze according to instructions given with your freezer.

Angel Cake.

Measure one-half pint of the whites of eggs (sometimes ten and sometimes twelve are required for the correct amount). Beat until quite light; then lightly stir in three-quarters of a pint of granulated sugar and half a teaspoonful of vanilla, or if preferred, a few drops of bitter almond. Mix together by sifting six times one teaspoonful of cream of tartar with a half a pint of flour. After sifting, add lightly to the egg and sugar, stirring but little after the flour is added, or the cake will be tough. Bake for three-quarters of an hour in a Turk's head.

The a la Russa.

Put three heaping teaspoonfuls of English breakfast tea in a pot, and barely cover with boiling water. Let it stand for one minute; then pour off the water, but do not use it. Pour on it one teaspoonful of Jamaica rum and one quart and a pint of freshly boiled water. Serve with slices of lemon and pulverized sugar. Some like a few drops of vanilla extract added, but this is a matter of taste.

MAKING READY FOR A JOURNEY.

Things the Feminine Traveler Should Take With Her.

When preparing for a long stay in any one place it is necessary to have as many changes of raiment as circumstances will allow.

It is altogether different when a varied journey is to be undertaken, and for this the less baggage with which you are encumbered the more satisfactory will prove your journey.

When you intend going from place to place, first select a satchel which is not too big to be easily handled.

Do not select one of those beautiful and tempting satchels that attract the eye with their display of sterling silver flasks, bottles, brushes and what not.

Each one of these articles adds to the weight of the satchel, as well as taking up a vast amount of valuable space.

The station platforms are usually of great length in large cities, and as it is not always possible to get a porter to carry your heavy satchel for you, make the weight as light as possible.

You can take a journey extending over a month with nothing more than you will be able to pack into one small trunk.

Let a tailor-made gown be your first consideration, and when ordering the material, give orders that it is to be sponged, thus doing away with all danger of the material either shrinking or becoming spotted if caught in a sudden shower.

Two silk waists, one light and one dark, and three or four shirt-waists will be sufficient to prevent any feeling of shabbiness or discomfort.

It is best to carry one partly worn skirt with you, which may be utilized for rainy weather, or for climbing mountains, or other hard work.

Let a night dress always find a place in your satchel, even when the journey is to be a short one, for you may be quickly astray, even under the best management.

Do not neglect to tack a small card onto your trunk with name and address plainly written out.

Into your satchel pack brush and comb, tooth-brush and wash cloth, a towel, a package of soap, sheets, some toilet, tooth powder, a button hook, a cushion with flannel leaves for needles, some cotton and sewing silk, scissors and a small flask of good liquor, a package of mustard leaves and some Jamaica ginger.

While it is best to be courteous and polite to all with whom you come in contact, it is not prudent to become intimate and to form violent friendships with persons who may happen to travel with you. On the other hand, do not be exceedingly stiff and stand-offish that none will venture to approach you under any circumstances.

There is a happy medium at which one should aim upon all occasions, most especially when weeks of constant companionship on boat or train leaves but little chance to avoid those to whom we do not feel particularly drawn.

Cherrystones as Bedwarmers.

Cherry stones are saved by careful housewives for the winter, for sown into a bag of soft flannel they are the nicest bed warmer for a cold night that could be imagined. Cherry stones will keep the heat longer than water-bags and are pleasant on account of their being soft and pliable. When warmed on a stove with the necessary care so they will not burn, they will keep the heat for a number of hours. Smaller bags may be made in the same way and used for local applications of heat, handwarmers to be carried in muffs or for the warming of shoes.

Homestead Hints.

Mice abhor camphor and will not visit drawers or closets in which it is kept. Mice are very fond of pumpkin seeds and can be caught in traps baited with them.

An old pen put into the ink well will preserve to a great extent the acid in the ink wearing out the pens in use.

A teaspoonful of powdered borax added to a pailful of water in which fine flannels are washed will keep them soft and white.

Cakes can be easily removed from the baking pans if the hot pans are stood for a moment on a wet cloth and then inverted at once.

Many drooping flowers will freshen wonderfully if the tips of the stems are trimmed off and the ends then held in hot water for a few moments.

Paint, after it becomes dry and hard, can be removed from clothing by using equal parts of ammonia and turpentine. First saturate the spots and wash out in soapwater.

If tinted willow furniture is very dusty, wash in clear water, using a brush in the crevices and dry in the shade. Willow or rattan furniture in the natural color may be thoroughly

scrubbed with a stiff brush, warm water and white soap. Dry in the sun and wind.

Javelle water will take out spots from clothing if they are dipped into it for a moment and then into boiling water. The yellow tinge will come out by bleaching.

A good cement for mending cracked stove lids can be made by mixing equal parts of wood ashes and common salt with just enough water to form a paste. Use when the stove is cold.

A cooking teacher says that the whites of eggs can be beaten most quickly if a pinch of cream of tartar in the proportion of one-eighth of a teaspoonful to each egg be first added.

When making corned beef hash moisten it with a little beef stock, if you have it, in place of water. A pinch of sugar added to the salt and pepper helps to bring out the flavor.

Marshmallow stuffed dates make a delicious after-dinner sweet. Remove the pits from the dates, fill the spaces with marshmallow and roll the dates in powdered sugar. One marshmallow will stuff four dates.

Grease spots can be removed from carpets by first covering with powdered chalk, then with soft brown paper, and rubbing over the spots so protected with a hot iron. This is exceedingly useful for dining room use.

GOV. ATKINSON'S ADDRESS

At the Commencement of the Kentucky School of Medicine.

At the recent commencement of the Kentucky school of medicine, held at Macauley's Theatre, Louisville, Governor G. W. Atkinson delivered the "Doctorate Address." The following reference to his part in the programme is taken from the Louisville Commercial.

"The Doctorate address by George Wesley Atkinson, 'the brilliant and popular governor of West Virginia,' as he was introduced by Dr. Woody, was the feature of the evening's entertainment.

"It was a masterpiece of forceful oratory and strong ideas. He began by saying that the only difference between the doctor of divinity and the doctor of medicine, was as the old proverb put it, one used faith and prayer and the other used faith and pills. From this he drew the lesson that all who had their life's work before them should begin with faith in themselves and the calling to which they had come for their livelihood. Above all this, to have faith in Almighty God.

"It seems to me," he said, "to be a crime to always mean well and never accomplish a well being. Men achieve the greatest good who have the highest ideas and who strive to make practical those ideas. Success comes with enthusiasm in the cause which one follows up and in industry."

The speaker continued by saying that the equipment of education was the first great essential in the great battle before them. Merit will always find its just reward sooner or later. The great men who are truly great, no matter what obscure walks of life they are, will be found out and rewarded according to their accomplishments.

The speaker then spoke of courage and pointed out the true kind which was needed to fight the great battles of the world. He eloquently cited many examples of this from the pages of history.

"The grandest attribute of the human heart," he said, "is human sympathy and love of mankind for his fellow-sufferers."

From this he drew a fine lesson, pointing out where the physician's calling came closely in touch with the spirit. He concluded with an appeal to the ambitions of the students. The middle walks of the profession, he said, may be full to overflowing, but for the hard workers and sincere seekers after fame and fortune there was always room at the top.

Death of Prominent Engineer.

PITTSBURGH, July 7.—Col. James Andrews, one of the most prominent mechanical engineers of the country, died at his home in Allegheny yesterday of Bright's disease. Colonel Andrews was associated with Capt. James B. Eads in the construction of the Mississippi jetties and the St. Louis bridge. He was also deeply interested in the Tehuantepec ship railway project. He was sixty years of age.

The Turkish Indemnity.

ATHENS, July 7.—The Asly says the creditors of Greece are disposed to advance the £4,000,000 required for the Turkish indemnity, repayment of the sum to be guaranteed by the receipts from the existing monopoly on tobacco and from the stamp revenues, their administration being placed under the control of a financial body in which the creditors will have three representatives.

Prominent Odd Fellow Dead.

INDIANAPOLIS, Ind., July 7.—John Reynolds, for thirty years publisher of the Odd Fellows' Telegram, and one of the best known Odd Fellows in the United States, is dead at his home in this city. Mr. Reynolds was seventy years of age and had been for several years suffering from fatty degeneration of the heart.

BE STRONG AND HEARTY.

How to be Strong and Full of Life and Vigor.

If you starved for two days you would feel as weak as a cat.

Proof enough that your food is the cause of your strength.

If your stomach is sick, you're starving away your strength. Slowly, perhaps, but none the less surely.

You feel it yourself.

You have nausea, loss of appetite, headache, giddiness, pain in the stomach, loss of strength, spirits and ambition.

What do you think? That it's your food?

But it's not. It's simply your stomach.

Food is strength. Stomach makes it available. If stomach won't work, food does not become available strength.

Shaker Digestive Cordial will, in a few doses, make your stomach well and help your food make you strong.

Who wouldn't be strong? Whoever won't take Shaker Digestive Cordial.

Sick, tired, weary men and women, those who are working their bodies and brains too hard, will find relief and strength in Shaker Digestive Cordial.

It makes strength. It makes health. It makes happiness.

It's not an ordinary medicine, it's a cordial.

It's pleasant to take, and more than pleasant in its results.

For sale by all druggists at 10, 25, 50 cents and \$1 a bottle.

"THEY are dandies," said Thos. Bowlers, of the Crocker-Ten, Enterprise, while writing about Dr. Wm. L. Little Early Riser, the famous little pills for sick headache and disorders of the stomach and liver. Charles R. Goetze, Market and Twelfth streets; Chatham Sinclair, Forty-sixth and Jacob streets; A. E. Schiele, No. 67 Main street; Exley Bros., Penn and Zane streets; Bowie & Co., Bridgeport.

Excursion to Atlantic City—Reduced Rates via B. & O.

The Baltimore & Ohio R. R. will inaugurate a series of popular excursions to Atlantic City, Cape May and Sea Isle City during the summer season. The first of the series is announced for Thursday, July 8th. The tickets will be good for twelve days, and allow stop off at Washington on the return trip. Trains leave B. & O. depot, Wheeling, 12.35, 3.10, 10.55 a. m., 6.00 and 8.10 p. m. Pullman cars on all trains. Round trip \$10. Correspondingly low rates for other stations.

For further information address nearest B. & O. agent.

JAPAN'S REASONS

For Adopting the Gold Standard—Pettigrew's Peasantlike Views.

WASHINGTON, July 7.—Senator Pettigrew to-day presented in the senate a statement prepared by himself giving Japan's reasons for adopting the gold standard, together with translations of the new currency law of that country, the speech of the minister of finance, Matsukata, in presenting this measure, and the report of the Japanese currency commissioner.

Mr. Pettigrew states that a careful reading of the speech of Count Matsukata in presenting the measure convinces him that the gold standard has been adopted entirely in the interest of the creditor classes of Japan, and for the purpose of preventing a further decline in the purchasing power of their credits.

The senator also advances the idea that the manufacturing classes have been induced to accept the change by the argument that it would crystallize the advantage Japan already has over gold-using countries as a result of the appreciation of gold in the past and thus perpetuate and make certain her advantage in the future.

Senator Pettigrew says that since the Chinese war, prices have risen about 30 per cent, and the creditor classes have become alarmed because of the general adoption of the gold standard. The power and influence of the creditor classes in Japan have been greatly enhanced by the debt incurred as a result of the war, the situation thus presenting many features similar to that which indeed Germany in 1873, England in 1816, and the United States in 1873 to adopt the gold standard.

"In every instance," says the senator, "the producers of wealth are not considered. It is true that the minister of finance in Japan argued that the rise in price would cut off exports from Japan and therefore the manufacturing classes were interested, but he makes no argument which appeals to the farming classes, notwithstanding that farming is the paramount industry of Japan."

Senator Pettigrew concludes that the result of this recent step on the part of Japan must be the same there as everywhere else, saying: "It cannot help but result in the further appreciation of gold and a corresponding apparent decline in the value of silver as well as a decline in the gold price of all products which will check Japan's wonderful industrial prosperity and transfer her industries to China, if China remains on a silver basis. Already gold has risen in value sufficient to make a profit in exporting it from Japan and a slight percentage of advantage in manufacturing all kinds of goods in China over the manufacture of like goods in Japan."

He concludes that as a result Japan will also experience "the same ruin to her agricultural classes that has resulted to agriculture in every gold standard country in the world."

Russia Foretells the Powers.

CONSTANTINOPLE, July 7.—Russia has sent a circular note to the powers suggesting that steps be taken to expedite the conclusion of peace between Greece and Turkey. This action is regarded here as being of the greatest importance and as indicating that Russia desires to forestall a similar proposal on the part of the other powers.

Both the palace and the Turkish ministers were immediately informed of Russia's action. The German ambassador here has received fresh and precise instructions to insist upon Turkey's acceptance of the strategic frontier proposed by the powers.

"JULY 18, 1896, our store, four dwelling houses and three barns were washed away by a flood. Soon after the community was visited by an epidemic of bloody flux. In a short time we sold ten dozen of Chamberlain's Colic, Cholera and Diarrhoea Remedy and in every case where it was used the results were all that could be desired; in fact our physicians admitted that it would do more toward bringing about a cure of flux than they could with BURL'S and NISLEY, Auburn, W. Va., Oct. 3, 1896. For sale by druggists.

Summer Excursion Tickets on Monongahela River.

Commencing June 1, the Monongahela River Railroad Company will sell round trip summer excursion tickets to Webster Springs, W. Va., and return. The location of Webster Springs is sixteen miles from Cowen, W. Va. Tickets are printed to read via Cowen and back line between Cowen and Webster Springs, though if passengers holding Webster Springs tickets desire to visit Camden-on-Aukey, these tickets will be honored for passage via Camden-on-Aukey and return without extra charge.

The new and commodious hotel, containing sixty guest rooms, will be opened about June 15, after which time ample accommodations will be afforded for a large attendance.

Tickets on sale June 1, to September 30, inclusive, and good returning until October 31, 1897.

RATES:

Fairmont \$3.40
Watson 8.30
Monaca 8.10
Worthington 7.85
Hutchinson 7.80
Enterprise 7.75
Shinnston 7.60
Lumberport 7.45
Clark 7.25
Farmington 7.10

H. G. BOWLES,
J. A. PICKINGER, General Supt.
Vice Pres. and Gen. Mgr. ths

W. B. JOHNSON, Newark, O., says: "One Minute Cough Cure saved my only child from dying by croup." It has saved thousands of others suffering from croup, pneumonia, bronchitis, and other serious throat and lung troubles. Charles R. Goetze, Market and Twelfth streets; Chatham Sinclair, Forty-sixth and Jacob streets; A. E. Schiele, No. 67 Main street; Exley Bros., Penn and Zane streets; Bowie & Co., Bridgeport.

The Monongahela River Railroad Co.

On Sundays during the present summer the Monongahela River Railway Co. will sell round trip tickets between all points on one fare for the round trip. NO ROUND TRIP FARE TO EXCEED FIFTY CENTS. This gives the people of Clarksburg a chance to visit Fairmont, and the Fairmont people an opportunity to go to Clarksburg, traveling sixty-six miles in either case, at a cost of only fifty cents. This is "something new" for West Virginia, and it is hoped that the people will show their appreciation of these low rates by patronizing them. ths

Piles! Piles! Itching Piles.

SYMPTOMS—Moisture; intense itching and stinging; most at night; worse by scratching. If allowed to continue tumors form, which often bleed and ulcerate, becoming very sore. SWAYNE'S OINTMENT stops the itching and bleeding, heals ulceration, and in most cases removes the tumors. At druggists, or by mail, for 50 cents. Dr. Swayne & Son, Philadelphia. ths&w

Tennessee Centennial.

The Ohio River Railroad will sell excursion tickets to Nashville for the Tennessee Centennial and Industrial Exposition at rate of \$12.50 for the round trip from Wheeling, tickets limited to eleven days. Information as to time of trains will be furnished by John Hallie, City Ticket Agent, Twelfth and Market streets; and J. D. Tomlinson, Ticket Agent, Union Station.

CASTORIA

For Infants and Children.

The following signature is on every bottle.

It is on every bottle.

It is on every bottle.

It is on every bottle.

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NERVOUS PROSTRATION.

A New Jersey Woman Expresses Her Gratitude to Mrs. Pinkham for Relief.

"Will you kindly allow me," writes Miss Mary E. Saidt to Mrs. Pinkham, "the pleasure of expressing my gratitude for the wonderful relief I have experienced by taking your Compound? I suffered for a long time with nervous prostration and general debility, caused by falling of the womb. It seemed as though my back would never stop aching. I could not sleep. I had dull headaches. I was weary all the time, and life was a burden to me. I sought the seashore for relief, but all in vain. On my return I resolved to give your medicine a trial. I took two bottles and was cured. I can cheerfully state, if more ladies would only give your medicine a fair trial they would bless the day they saw the advertisement, and there would be happier homes. I mean to do all I can for you in the future. I have you alone to thank for my recovery, for which I am very grateful."

—MISS MARY E. SAIDT, Jobstown, N. J.

BIKCYCLES.

\$20 SAVED

TALK IT OVER,

weigh each feature of a "Ramblor"

Bicycle carefully—its strength, the Lap Braze Joints and Fish-Mouth Reinforcements. The large sprocket and position of chain over bearings, its handsome lines, its easy running qualities and the price (\$80), and the wheel you will decide to buy will be a

Ramblor

BIKCYCLE.

The